



Foulk Living

Loving Care is Everywhere

Sample Dining Menu

Breakfast

Option 1

Sweet Potato Omelet
Fresh Seasonal Fruit
Hot or Cold Cereal
Toast

Option 2

Resident's Choice of Egg
Breakfast Meat of Choice
Breakfast Potatoes
Toast, Muffin, or Pastry

Lunch

Option 1

Classic French Onion Soup
Salad of the Day
Spiral Baked Ham
Macaroni & Cheese
Savory Peas
Choice of Bread & Butter or Margarine

Option 2

Grilled Caprese Sandwich
Artichoke Salad

Dessert

Peanut Butter Mousse

Dinner

Option 1

Soup du Jour
Swiss Waldorf Salad
Mustard & Sage Turkey Breast
Onion Stuffing Casserole
Seasoned Broccoli Florets
Choice of Bread & Butter or Margarine

Option 2

Pasta Carbonara
Spinach Tomato Salad
Garlic French Bread

Dessert

Walnut Maple Cookie Bars



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Always Available Menu

Appetizers

Soup du Jour
Cheese, Crackers, and Fruit Plate
Bruschetta with Crusty Bread
Mussel Marinara with Garlic Bread
Steamed Chicken Asian Dumplings
with Sweet Thai Chili Sauce and
Soy Sauce
Cheesesteak Spring Rolls with
Sriracha Ketchup

Hot Foods

Italian Sausage with Peppers & Onions
Hamburger or Cheeseburger
Hot Dog
Chicken Tenders
Grilled Cheese
Spaghetti & Meatballs
Fries
Mashed Potatoes

Salads

Fouk House Salad - Mixed greens,
oven dried tomatoes, goat cheese
croutons, cucumbers, kalamata olives

Garden Salad - Iceberg lettuce,
julienne carrots, cabbage,
cucumbers, tomatoes

Caesar Salad - Romaine hearts,
fresh croutons, shaved and grated
parmesan cheese - add grilled
chicken or shrimp

Caprese Salad - Fresh sliced
mozzarella, sliced tomato, micro
basil, olive oil, balsamic reduction

Each salad comes with choice of dressing.

Cold Sandwiches

Chicken, Tuna, Egg & Crab Salad
Turkey or Ham & Cheese
Peanut Butter & Jelly
Liverwurst & Onion